



2007 INShape Indiana Health Summit
Live Healthy, Work Healthy
October 15, 2007
Purdue University

Speakers

Opening Speaker

10:05 a.m. - 10:30 a.m.

William Dietz, M.D.

CDC, Director, Division of Nutrition and Physical Activity

William Dietz is the director of the Division of Nutrition and Physical Activity in the National Center for Chronic Disease Prevention and Health Promotion at the Centers for Disease Control and Prevention (CDC). Prior to his appointment at CDC, he was a professor of pediatrics at the Tufts University School of Medicine and director of clinical nutrition at the Floating Hospital of New England Medical Center Hospitals. Dietz received his Bachelor of Arts degree from Wesleyan University, an M.D. from the University of Pennsylvania and his Ph.D. in nutritional biochemistry from Massachusetts Institute of Technology. Dietz has received numerous awards for his contributions to nutrition and obesity.

Keynote Speakers

10:30 a.m. - 11:30 a.m.

Glorian Sorensen, M.D., Ph.D., M.P.H.

Professor of Society, Human Development and Health, Harvard School of Public Health

Director, Dana-Farber's Cancer Center for Community-Based Research.

Eva Goble Lecture Series

Workplace Wellness Programs: Do They Enhance Wellness

Dr. Sorensen conducted the first randomized controlled worksite intervention trials to integrate messages on occupational health and health behaviors. She was also the Principal Investigator of the National Cancer Institute-funded Harvard Cancer Prevention Program Project focusing on "Cancer Control in Working Class, Multi-Ethnic Populations." Dr. Sorensen leads the Massachusetts Cancer Prevention Community Research Network, in collaboration with Boston University, to foster collaborative research with community partners.

<http://www.hsph.harvard.edu/faculty/glorian-sorensen>

3:00 p.m. - 4:00 p.m.

Dee W. Edington, M.D.

Director, University of Michigan Health Management Research Center

Professor, Division of Kinesiology at the University of Michigan

Research Scientist, Health Behavior & Health Education Department

Discovery Lecture Series

Health Management Programs as a Serious Business Strategy

Trained in mathematics, kinesiology and biochemistry, Dr. Edington received his B.S. and Ph.D. degrees from Michigan State University and completed his M.S. at Florida State University. He taught at the University of Massachusetts before coming to Michigan in 1976. Dr. Edington is the author or co-author of over 500 articles, presentations, and several books, including *Biology of Physical Activity*, *Biological Awareness*, *Frontiers of Exercise Biology*, *The One Minute Manager Gets Fit* and the 2nd edition, *The One Minute Manager Balances Work and Life*.

<http://www.hmrc.umich.edu/who/team.html>

Concurrent Sessions

11:45 a.m. - 12:30 p.m.

The Spiritual Core of Wellness

Mike Campbell, Employee Benefits Practice Leader/Partner
Neace Lukens Employee Benefits/CLS Benefit Solutions

The Wellness Council of Indiana: A Blueprint for Success

Rob Jensen, Vice President
Wellness Council of Indiana

Stress – It's There, You Have It, How to Beat It

Michael Fort, Chief Values Officer
Gaylor, Inc.

Pushing the Envelope: Legal Methods to Reduce Healthcare Costs

Eric Chelovitz, J.D., General Counsel, Account Executive
Neace Lukens Employee Benefits/CLS Benefit Solutions

Promoting and Conveying Smoking Cessation as a Health Benefit

Karla S. Sneegas
Executive Director, Indiana Tobacco Prevention and Cessation

Keith A. Reissaus
Vice President, Employee and Organization Development
Goodwill Industries of Central Indiana, Inc.

Abby C. Rosenthal
Business of Strategic Coordinator
Office on Smoking and Health, CDC

Health at the Workplace and Continuity of Care

Timothy Hobbs, M.D.,

Preparing for the Tidal Wave: The Boomer Effect in the Workplace

David Gobble, M.D., Director, Fisher Institute for Wellness and Gerontology
Ball State University

Organizational Wellness as a Tool to Improve Employee Health...

How to Make it Meaningful for Business Leaders

Joan E. Ridgeway, SPHR, President, Consulting Resources, Inc.
Indiana Affiliate, Extended DISC, N.A.

Jane Ellery, Ph.D., Director of Wellness Management
Fisher Institute for Wellness and Gerontology
Ball State University

Healthy Eating in the Workplace

Rebecca Ross-Field
Housing and Food Services
Human Resource Specialist, PHR

Kathi Tuttle
Food and Nutrition
Clarian North Medical Center

Concurrent Sessions

1:45 p.m. - 2:30 p.m.

Best Practices in Employee Education

Mike Campbell

Employee Benefits Practice Leader/Partner

Neace Lukens Employee Benefits /CLS Benefit Solutions

Joan E. Ridgeway, President, Consulting Resources, Inc.

Indiana Affiliate, Extended DISC, N.A.

Pushing the Envelope: Legal Methods to reduce Healthcare Costs

Eric Chelovitz, J.D., General Counsel, Account Executive

Neace Lukens Employee Benefits/CLS Benefit Solutions

INfluence Women's Health Forum: Response to the Camel No. 9 Marketing Campaign

Judy Monroe, M.D., State Health Commissioner

Indiana State Department of Health

Mary Weiss, President/CEO, Publisher

Indianapolis Woman Magazine

Building a Wellness Program from the Ground Up

Sally Stephens, R.N., President

Spectrum Health Systems

Employee Assistance Programs: Investing in Human Capital

Doug Colgrove M.S., L.S.W., Employee Assistance Program

St. Francis Hospital and Health Centers

Weight Management Strategies in the Workplace

Emily Frank, M.D., Internal Medicine

St. Vincent

A Comprehensive Health Promotion Model: Bridges to Health for Weight Management, Diabetes and Asthma

Chris Dobbins, Director of Health and Promotion Services

Community Health Network

Best Practices for Health Risk Assessment Participation

Lee Campbell, M.D., Director

Clarion Healthy Results for You, Clarian Health

Active Aging in the Workplace

Eugene Lammers, M.D., Medical Director, Senior Health Safety & Quality

Clarian Health

****Schedule Subject to Change***

Updated 9.20.07